

AUGUST 2005

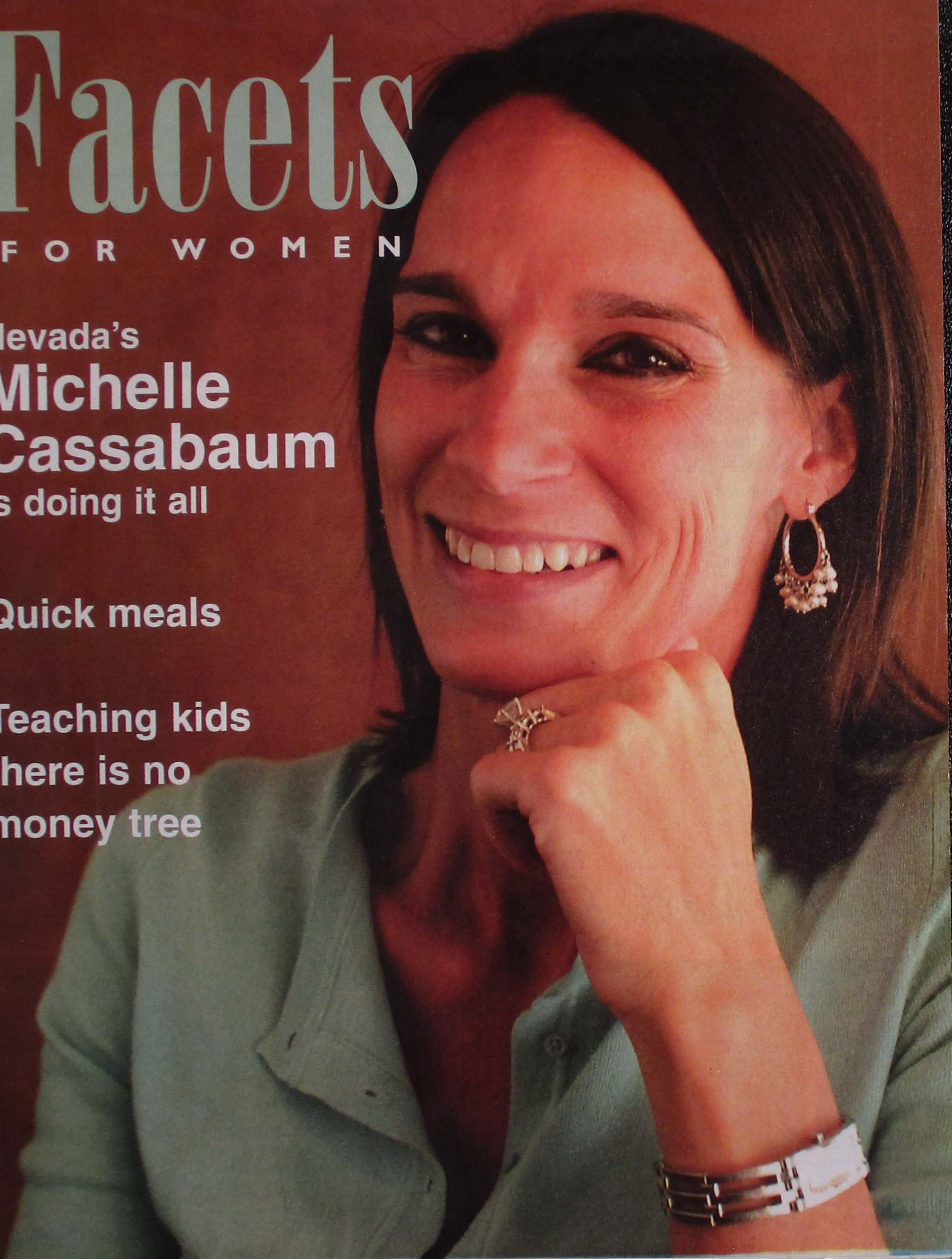
# Facets

F O R W O M E N

Nevada's  
**Michelle  
Cassabaum**  
is doing it all

**Quick meals**

**Teaching kids  
there is no  
money tree**





# NOTES

## from the Newsroom

By Rebecca A. Petersen  
Facets Editor

**W**ow, has it been a busy summer!

Usually summer is slow for the news business. After six summers in The Tribune newsroom, I can honestly say that this has been the busiest June and July on record.

There is a plethora of news coming from the city, Ames Community School District and Iowa State University. There hasn't been a shortage of state and national news either. It's been one of those summers where I, as a newspaper writer and editor, have to ignore "All Things Considered" on my

way home, just to get a break from news.

I've made the bosses happy and managed to squeeze the busy work into 40-hour workweeks. But add in making time to get outside with my daughter; chair the Ames Jaycees' Friday at Five; Ames on the Half Shell; spend time with my best girlfriend who just moved back to Mid-Iowa; and scrape together dinner with my husband — I'm not surprised that the weeks have zoomed by.

Let's face it, women are busy. In 2003, the U.S. Census Bureau reported that 55 percent of women with

children under one are in the workforce; and 72 percent of women with children older than one are in the workforce. The U.S. Department of Labor reported in 2004 that one third of all women volunteer and 25 percent of women with children volunteer. Then factor in the census statistic that there's 5.4 million stay-at-home moms and it doesn't take long to realize that we divas — especially those with children — are busy.

So that's why the August edition of Facets is dedicated to the topic of busy women. You'll meet Michelle Cassabaum, a Nevada woman

juggling three young daughters, a marriage, a business and a number of volunteer projects.

We'll take you into the kitchen of Mary Helen's Cookery, a new family-owned business in west Ames that puts the fun back into dinner. And you'll also hear tips from Deb Atkinson about how to ignore the voice in your head that tells you there's no time for exercise.

So to all of the busy women out there, I hope you enjoy this issue. And you don't have to read it all in one sitting — take your time! ♦

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WELCOME TO

# Facets

Facet > 1. One of the flat surfaces cut on a gemstone.

2. The particular angle from which something is considered.

FACETS IS A SUPPLEMENT TO THE TRIBUNE

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## CLARIFICATION

A story in the June issue of Facets should have stated that Susan McGeeney was a former nurse in the adolescent behavioral health unit of Mary Greeley Medical Center. The hospital still provides behavioral health services for adolescents but does not have an entire unit devoted to the work.



# Are you **TOO BUSY** to take care of your

By Charles W. Love

**T**he summer is in full swing and the days are going fast. It is a busy season of weddings, ball games, cookouts and vacation travel. It seems like there is never enough time to take care of yourself.

In my clinics, our skin care specialists recognize that people are increasingly busy and want to get the maximum value out of their skin care. You want the best results, in the shortest time, for the best price.

The most common skin

solutions are explained below.

## 1) Frown Lines and Smile Lines:

These are thick deep wrinkles caused by muscle movement. The frown lines at the root of the nose and lower mid-forehead make a person appear to be angry or upset. The smile lines at the corners of the eyes, also called crow's feet, can make a person look older and tired.

The best value solution for this problem is Botox injections. Botox injections are a medicine that prevents the muscles from contracting in the injection areas. These are quick, nearly

painless and have no downtime. Injections need to be repeated three to four times per year for optimal results.

## 2) Wrinkles and Premature Aging of the Skin:

Fine lines and wrinkles coupled with irregular pigmentation of the face is the look most

# skin?

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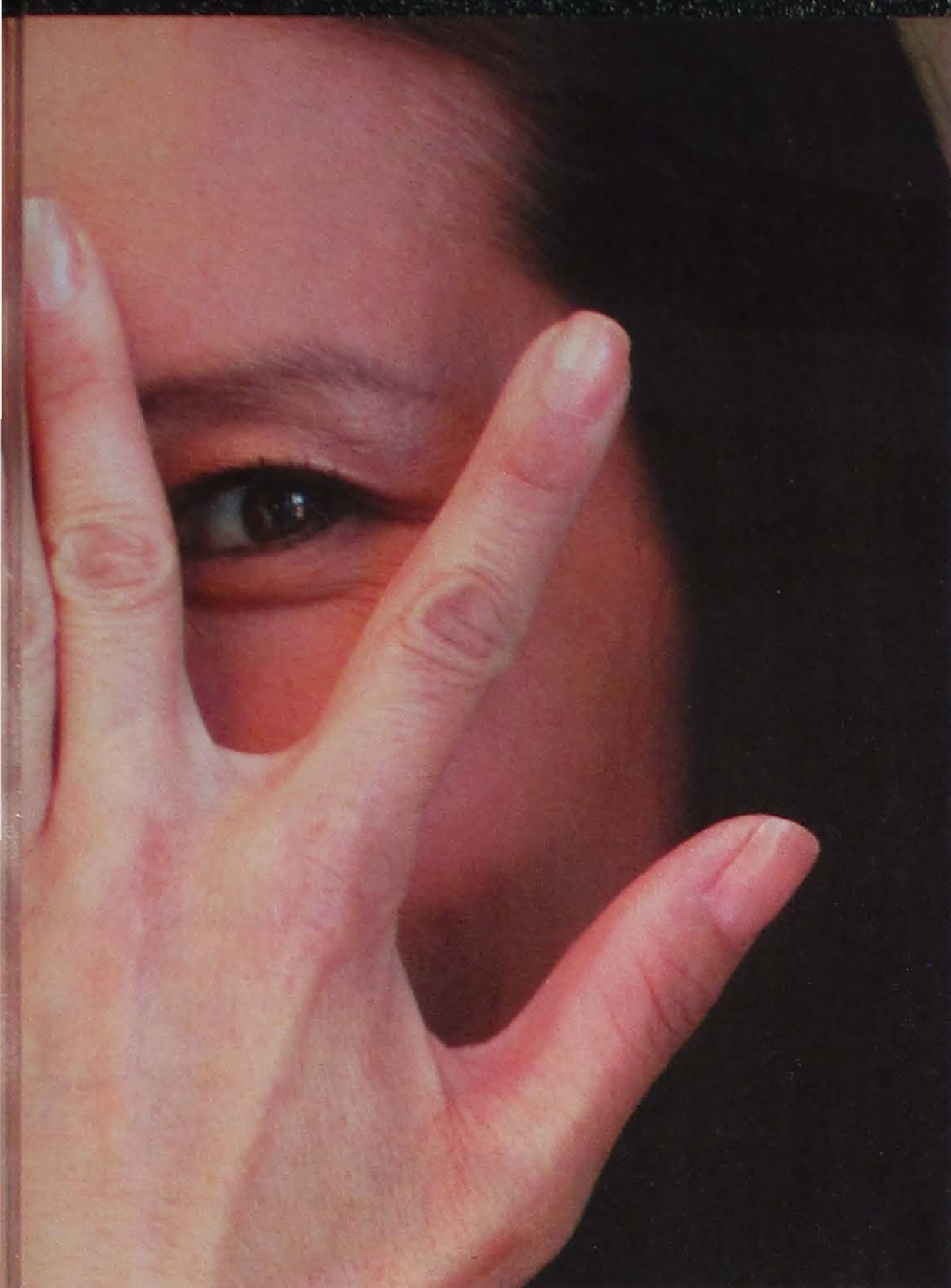
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commonly associated with aging. Essentially, all of these changes are the direct result of sun damage.

Sunscreens are the best value in preventing the signs of premature aging. I recommend a sunscreen that has both UVA and UVB protection with an SPF factor of at least 30. To optimize results, the sunscreen should be applied daily with repeat applications during extended sun exposure. Choose a sunscreen that fits your lifestyle. Sunscreens are available in lotions and clear alcohol based solutions.

### 3) Unwanted Hair:

Excessive body or facial hair especially, if it is dark colored, is a distressing problem to many of our patients. The most common areas of concern to people who come to our clinics are the underarms, the bikini line and the face.

Even though there are many different ways to treat excessive

hair, the best value solution is to have Intense Pulsed Light (IPL) treatment. The IPL is a laser-like device that uses an intense pulse of light to overheat the hair follicle destroying it. Several treatments are needed to optimize results. The body is able to generate new hair follicles so repeat treatments will be necessary periodically. The procedure should, in most cases, take less than twenty minutes and aside from some redness of the skin, there is no healing time following the procedure.

If you are experiencing these problems, see your skin care specialist and see how you can benefit from these best value treatments. With a little care, planning and help, you do have the time to take care of your skin problems. ♦

*Charles W. Love is the medical director of Radiant Complexions Dermatology Clinic in Ames.*

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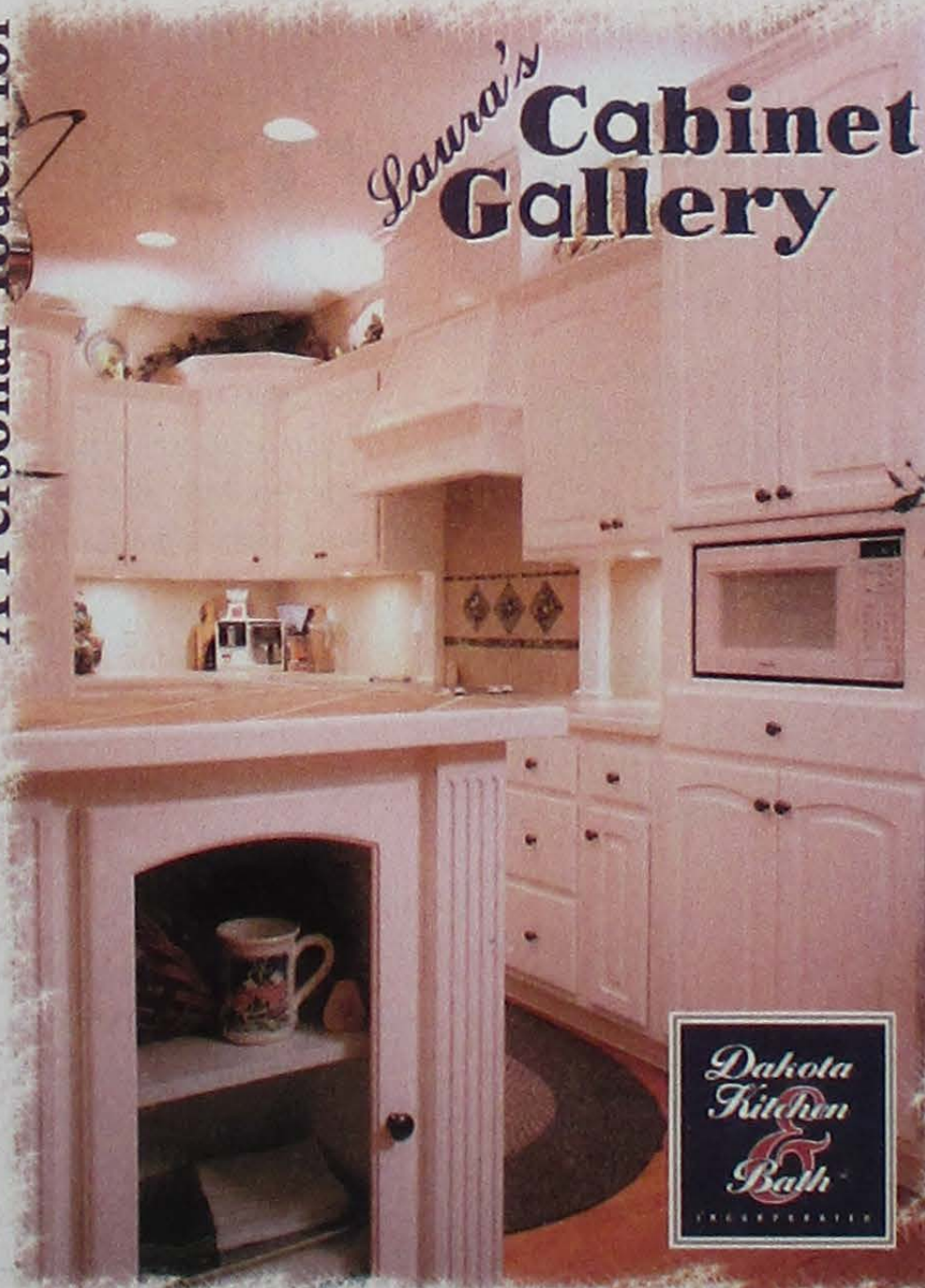
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# 50 years

# GOING strong



By Nancy Lewis

**“There is nothing nobler or more admirable than when two people who see eye to eye keep house as man and wife, confounding their enemies and delighting their friends.”**

—Homer

**T**he balloons from our 50th wedding anniversary celebration have lost most of their helium, but they still decorate our living room. We had a wonderful party! All of our children and grandchildren were able to be there, and everyone was well. Many church and community friends also came to celebrate with us.

During the party, two younger married women asked me if I had any advice for them. At the time, I couldn't think of much. Now, as I sit remembering both the party and our 50 years of marriage, lots of ideas come to mind. Laura and Lisa, this is for you.

I'll start with the Biblical fruits of the Spirit: love, joy, peace, patience, kindness, gen-

erosity, faithfulness, gentleness, and self-control. These are all important in any relationship and in marriage, even more so.

On the other hand, the Bible also reads, “Do to others as you would have them do to you.” It's best to think before you take that admonition too literally. When I'm upset, I want lots of hugs and sympathy. Ed, in the same situation, wants to be left alone. We've had to learn to accept each other's differences about that and a lot of other things.

The way we found out about our differences was by talking. So talk. Listen. Be sure that you are really hearing what he is saying and that he is really hearing you. Sometimes it pays to ask, “What do you think I just said?” or, “Am I

hearing you right?”

Learn to fight constructively. When we were first married, Ed bellowed and I sulked. Sometimes I sulked for days. Things got much better when I learned to bellow back right away. Things improved even more when we learned to use “I” language, as in “I feel that...” rather than “You always...” or “You never...” (For the record, we don't fight that much anymore. Very few things are worth the effort at our age.)

Keep a family calendar, and go over it together at least once a week. We found this particularly essential when our children were living at home and involved in activities. The family calendar prevented a lot of misunderstandings. It still does.



Make time to be alone together. The best money we ever spent when our children were young was spent on trips for the two of us. We received an anniversary card from a couple who baby-sat for such a trip over 40 years ago. They didn't have children at the time and learned a lot from looking after ours. I'm sure that trip and all the other trips helped our marriage keep going.

Share. Share the housework; share the money. Especially share the children. Many mothers of my age look back on their child-rearing years and wish that the father had been more involved. So do the now-adult children of a lot of our generation's role-restricted marriages. This is one area where today's couples frequently do better than we did.

Don't be afraid or ashamed to ask for help. Help given by our church friends made our anniversary possible. Help from professional healers has seen us through many crises. Help from our families and co-workers made our lives so much bet-

ter. Develop a support network for yourselves. Be parts of networks for a lot of other people. Stay connected to your families. We've been fortunate to have lived in the same community most of our married lives. If you

move around a lot, you need to work even harder at making and maintaining social connections. Have a sense of humor. Try to make today's disaster tomorrow's funny story, however, be careful about teasing; how much, when, where, and about

what. Be particularly careful about teasing children. Make an effort to be happy. Abraham Lincoln once said, "Most people are about as happy as they make up their minds to be." Happiness takes effort; part of that effort is making time to recognize happiness when you have it. That's what our anniversary party meant — an awareness of just how well things have gone for us over the years, and how happy we've been.

Be grateful. We wouldn't have made it without the help of our parents, our children, our church, our job and community friends — our extended families. There is no such thing as a self-made marriage.

So thank you, Lisa and Laura, for asking the question. I hope some of this will be useful. It has certainly been good for me to think about it all. ♦

*Nancy Lewis has lived in Ames since 1957. Before retirement, Lewis was a multi-faceted career woman.*

**Abraham Lincoln once said, "Most people are about as happy as they make up their minds to be."**

## Mayo Clinic Doctor Speaks on the Link Between Lifestyle and Health

*For some frank advice on how to avoid being a patient, come listen to Mayo Clinic doctor Edward T. Creagan, M.D., speak at Mary Greeley Medical Center in Ames, Wednesday, September 14.*

Dr. Creagan, cancer specialist and professor, Mayo Clinic Medical School, believes that every lifestyle decision you make may affect your long-term survival. Having treated thousands of cancer patients in the past 35 years, Dr. Creagan is able to offer a comprehensive overview of the best ways to prevent cancer or deal with a diagnosis. Along with religion, spirituality and connectedness, Dr. Creagan advocates lifestyle changes, explaining that exercise, nutrition and early detection all play vital roles.

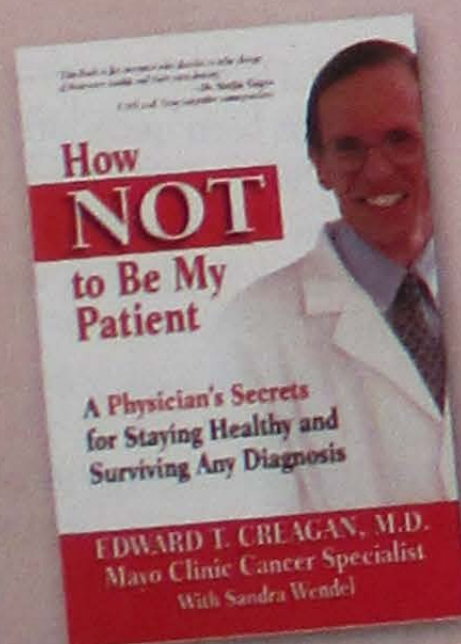
In his book, Dr. Creagan urges patients to take an active role in their healthcare and suggests that all patients maintain copies of their medical records. He compassionately covers the many steps readers can take to give themselves the best chance of a long life.

Dr. Creagan is the recipient of the Distinguished Mayo Clinician Award and has been a Mayo Clinic staff member for more than 30 years. He is also medical editor of Mayo Clinic's health information publications, including the Web site [www.MayoClinic.com](http://www.MayoClinic.com), and author of several books, including *Chicken Soup for the Soul Healthy Living Series*:

*Breast Cancer* (co-authored with Jack Canfield and Mark Victor Hansen), *Mayo Clinic on Healthy Aging*:

*Answers to Help You Make the Most of the Rest of Your Life* and *How Not to Be My Patient* (co-authored with Sandra Wendel).

The talk begins at 7 p.m. in Bessie Myers Auditorium. After Dr. Creagan's presentation, he will be available for a book signing of *How Not to Be My Patient: A Physician's Secrets for Staying Healthy and Surviving Any Diagnosis*. This program is cosponsored by Mary Greeley Medical Center and McFarland Clinic.

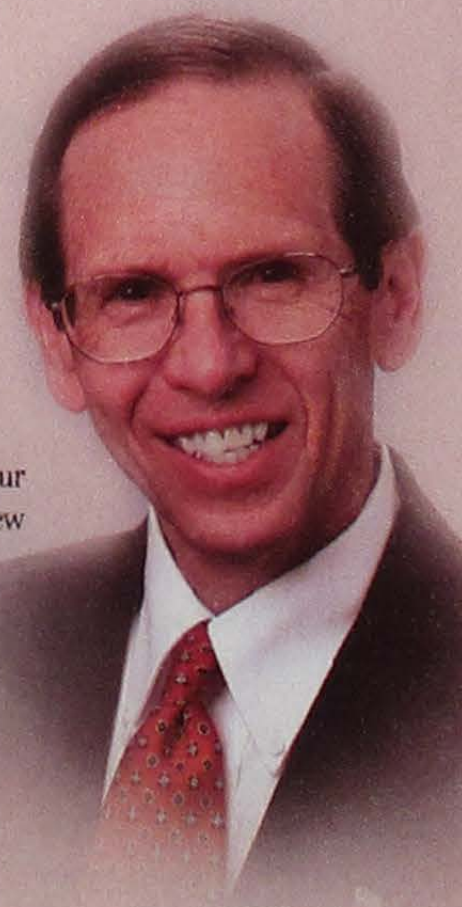


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# mother & child

By Malisa Rader

## *Teaching your kids about money*

"Just take your card and get some money out of the machine."

This is a comment my 6-year-old daughter made to me this spring when I was trying to explain that we would have to wait until my next paycheck to see a popular movie. Money may not grow on trees, but in my daughter's mind, someone could just push a few buttons and magically money would appear. Thus,

I decided to make helping my children understand the value of money a priority for the summer.

Our family really enjoys attending small town celebrations, but, by the end of the day, my spouse and I are drained from the begging, pleading, and whining for items from the flea market, treats from the vendors and money for carnival rides or games. This summer we decided to give

each child a small amount of money to spend the day of the festival and what they didn't spend, they got to keep.

It's such a simple concept that I wish we had begun a few years earlier. My children now have a sense of independence and enthusiasm as they decide how to spend their money. We are no longer treated as the bank with an endless supply of money; we are

financial advisors.

It has been quite interesting to watch how quickly they have adapted their spending habits. Here are a few lessons we have learned:

Once the money is gone, there is no more.

At the beginning of summer, the money burned a hole in my children's pockets. They could hardly stand to walk past any-



thing without finding something they "needed" to purchase. While they contemplated each purchase decision, I reminded my children that was their money for the day.

By mid-afternoon, there was regret as they found new items they "needed," or found what they considered to be more interesting rides and games. My temptation was to cave-in. After all, it was only a dollar for the merry-go-round, however, I stood firm and told myself that this wasn't about the cost of the ride, but about letting my children experience the natural consequence of not planning for the future (which in this case was the whole afternoon).

Spending money is all about making choices.

Allowing children to spend their own money gives them the opportunity to compare alternatives. Do I want this or that? Would I rather go here or there? Which is the better buy for my money? It didn't take them long to figure out that it was a good idea to see everything first and then decide which purchases were right for them.

It wasn't always easy for me to watch. I wanted to say, "Oh no son, not the harmonica! It will just be used for a little while and then end up at the bottom of your toy box." I now see that letting my son make his own choices about what was right for him made him appreciate and enjoy the purchase even more (even if it gave me a headache by the end of the day).

Fun activities don't always cost money.

I recall walking around town with my daughter when she had no money left. "Can I go on that ride?" "Can I have a snow cone?" "I want to play that game." To each question or statement, I would remind her that she spent her money earlier and that those things all cost money. Finally, in honest desperation, she cried out, "Can we go to the park or does that cost money, too?"

I'm certain that had I made

this suggestion earlier, it would have been reacted to with frustration or tears. Instead, our family spent the next hour swinging, climbing, and looking for critters in the creek — without spending any money and having a great time.

Sharing is a great way to make your money go further.

Who doesn't love a fresh funnel cake? But, it can take a huge chunk out of a modest allowance. However, when brother, sister, and parents go in together, everyone gets to taste the treat and still have some money leftover. (Besides, who needs all those fat grams from eating an entire funnel cake?)

Mistakes will be made.

I recognized the look of disappointment in my daughter's eyes after spending money on a ride intended for younger children. It is the same look I get after the first day of wearing a trendy pair of shoes meant for a teenager. We all make mistakes on occasion concerning our spending choices. Fortunately, mistakes are marvelous teachers; when they occur, they speak loud and clear. By educating my children early-on about carefully managing their expenses, I'm teaching them a priceless lesson, which will hopefully prevent costly mistakes in the future.

While this summer has been a terrific lesson in managing money, it is only the beginning. Becoming effective money managers takes time and experience. Soon, conversations will need to take place on the importance of saving, spending, and giving, as well as the possibility of earning money through work and investments. For now, my children will understand some basic facts about money. Getting and spending money involves a lot more than just putting a card in the machine and pushing a few buttons. The hard part is making the choices that follow. ♦

*Malisa Rader is the parent coordinator for Iowa State University's Child Development Laboratory School.*

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# tranquil BAMBOO

By Mollie Luze  
*Reiman Gardens*

In an effort to slow down and counteract our stressful lives, society has taken cues from the Asian culture including exercise techniques such as Yoga and the Feng Shui decorating style. Golden Goddess bamboo is the perfect plant to add a sense of tranquility and an exotic flair to the garden.

Bamboo is often associated with the Asian culture, and for good reasons. China is the largest producer of bamboo. Over a third of all known species of bamboo is native to the area. The uses of bamboo as a raw material are quite diverse; including furniture, flooring, accessories, musical instruments, paper and food. Even the leaves have certain medicinal purposes.

Harvesting bamboo has been practiced for centuries with bamboo artifacts dating as far back as 7,000 years. In fact, before the invention of paper, bamboo strips were used as writing material. Because it is a hardwood, bamboo has stood the test of time as a raw material because it is strong and also quite beautiful. Bamboo also has a much faster regeneration rate, making it more ecologically friendly than timber.

Bamboo is a member of the grass family Poaceae, with species that vary in height from 6 inches to 120 feet. It's jointed, often hollow stems, known as culms, grow from underground stems called rhizomes.

There are two types of bamboo: clumping, compact growth close to the plant's base, and running growth, growth that spreads from its rhizomes. Since bamboo is a tropical plant, it will not winter well in Iowa; however, the industry is working to develop hardier varieties for our Midwestern climate.

Bamboo adds summer interest to the home garden as a specimen planting or as a living screen. The bamboo chosen this summer for Reiman Gardens' display, Golden Goddess, has yellow culms with attractive, contrasting green foliage. Golden Goddess is a clumping form admired for its graceful, arching growth. This variety only grows to be 6-10 feet tall, making it quite manageable for the home gardener. Golden Goddess does best when planted in full to partial sun.

Golden Goddess Bamboo is featured this summer at Iowa State University's Reiman Gardens in the Japanese Rock Garden, one of eight outdoor displays featuring plants and designs from around the world. ♦



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# facets Faces

*Ames Jaycees' Friday at Five: Ames on the Half Shell*

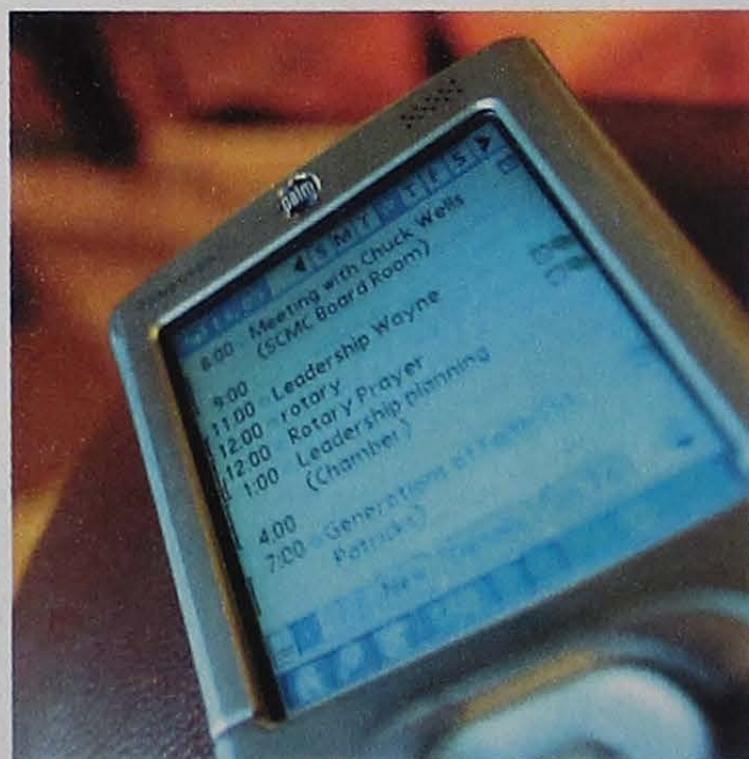




# BUSY woman

PHOTOS BY: Andrew Rullestad

By Rebecca A. Petersen  
Facets Editor



**NAME: MICHELLE  
CASSABAUM**

**Age:** 38

**Occupation:** co-owner 21st  
Century Rehab

**Family:** Husband, Steve;  
daughters, Emma (11), Elli (8),  
Kati (7)

**Hometown:** Shenandoah

**Lived in Nevada:** 10 years

**Volunteer:** Nevada Rotary,  
Leadership Nevada, St.  
Patrick Catholic Church,  
North Central Human  
Services' human rights com-  
mittee, PEO Sisterhood,  
Story County Medical Center  
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Youth and Shelter Services  
mentor, Rep. Jim Kurtenbach's  
campaign treasurer



## michelle cassabaum

**M**ichelle Cassabaum has two secret weapons in her arsenal to keep her busy life on track: Diet Coke and a Palm Pilot.

The mother to three, wife to one, boss to 45 and volunteer to hundreds combines the pick-me-up from Diet Coke with the versatility of her little machine to keep everything on track. Both are silver. Both are portable.

For Cassabaum, busy is a diversion.

"It keeps me out of trouble," she said. "The busier you are, the more efficient you are."

Cassabaum's day typically starts at 6 a.m. She'll get ready before her daughters wake at 7 a.m. All four are out the door to school in time for Michelle to start work at 8 a.m. That's where she plugs her personal data assistant into her computer and works until 4 p.m., eating lunch at her desk. She relies on Microsoft Outlook's color-coded calendar to keep everything on task. She relies on a laptop that easily moves from home to work. And you'll always find her with a cell phone.

Then it's time to start the family caravan to piano lessons, soccer, softball, gymnastics and church events. At some point the family eats dinner and the kids are in bed by 9 p.m. and Michelle asleep by 11 p.m.

It's a busy and sometimes hectic schedule, one that Cassabaum follows to make the most of her time.

"I do think I lead a busy

life, but I would lead any other life," she said.

When asked if she was a control freak, loving to have her hands in making decisions, she said no. It's her upbringing and desire to set a good example for her children that drives her to be so involved.

"We were given these gifts and to not use these gifts would not be right thing to do."

Cassabaum started her career as a pharmacist, before moving to Nevada with her husband Steve and opening their physical therapy clinic together. She worked from home for sev-

eral years but found that she wasn't able to separate her work duties from leading the household.

She slowly transitioned into worked full-time at the office, and made a few changes in her life: sending children to day care and hiring someone to clean her house so that she could fulfill her desire to do it all.

And her advice for other busy women is to give as much as they can.

"Put in the effort and time to a cause you believe in, because it doesn't feel like work." ♦





# busy BODIES

By Debra Atkinson



"How are you?"

"Fine," might be your standard answer. However, during these contemporary times, "busy" might just as often be the response, and the truth.

Women are notorious multitaskers in mind and action. Even though it can be positive at times, tending to too many things at once can be detrimental to your health and well-being. Women may experience more during a trip to the Grand Canyon, a gourmet meal, or a stay at the spa. But they also are easily overstimulated by a visit to the mall, interior decorating, or choosing a vacation.

You see, while men can more easily compartmentalize, women

take it all in, all of the time. That is they have all the senses going 24/7. To be more successful at pursuing all they want, women will wisely learn to use those senses more discriminately.

A woman who "does" busy, with purpose, is productive and inclusive.

Productive in that she is actively accomplishing goals she's set for her career, family, finances, volunteerism — all according to her unique agenda. She is able to narrow her focus on each task, and ignore the details of life that might otherwise creep into her peripheral vision.

Inclusive, in that she has not dropped herself off the radar

screen; something all too easy for women to do. A fulfilled busy woman includes her health, wellness and wholeness, as the central focus in the big picture.

From their vantage point, women see time as one of the largest obstacles to exercise. In reality, it's priority. How many women have you known with no time for exercise that has their nails done regularly? Is that wrong? No, but it is the equivalent of about three 30-minute sessions of exercise. It's a choice.

Women all too often register the need to exercise by their clothes size. Unfortunately, the 'clothes-ometer' method of measurement isn't always enough. Even body composition, though better, isn't a single best indicator.

According to Dr. Pamela Peeke, author of "Fighting Fat After Forty" and "Body for Life for Women," it is the quality of the fat deposits, not just the quantity of the fat we carry that matters. Ironically, a busy woman who eats too little, stresses too much can look slim and normal but be at risk for many diseases.

If that's not enough, research links fitness to better productivity, fewer errors, and less absenteeism. It's a good argument for getting up 30 minutes earlier. Time spent on health and fitness endeavors won't slow a woman down, it actually means getting more less time, and done right the first time.

Unfortunately, in a society that has conditioned us to value success and beauty, women who also find themselves caregivers can easily feel like they are being squeezed through a too-tight tube. The stress-relief benefits of exercise are incentive for busy

women to sacrifice a lunch hour or be inconvenienced by a second shower. And those who do, are on the right track to living to a ripe old age as opposed to living the fast track to a lifestyle disease.

According to Peeke, her studies of centenarians revealed that one trait they all have is stress-resilience. They can and obviously did, experience stressful life events, but have the ability to let it go and move on. To become one of those "stress-shedders," a woman has to lose perfectionist tendencies.

Behind every procrastinator is a perfectionist. Perfection is the enemy of done. In terms of exercise, rather than wait for the ideal hour that's uninterrupted, it's learning to embrace the 15 or 30 minutes here and there to fit in a walk, weight circuit, or 30 minutes of yoga. Multi-taskers can satisfy that sweet tooth of desire to do more by walking with a friend or a child on a bike, or watching CNN on the elliptical trainer.

Every one of us wakes up with a certain amount of inspiration, hope, and joy in our hands. It's what we do with it that counts. We can fill each of our days with as much joy and passion as possible, busy at its best, or we can let it slip through our fingers until nature graciously puts it back for us. The question is, if we don't help ourselves, how long will that resource be there again and again tomorrow? ♦

*Debra Atkinson is a senior lecturer in Iowa State University's department of health and human performance and is a personal trainer at Ames Racquet and Fitness.*



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# art

## WATCH

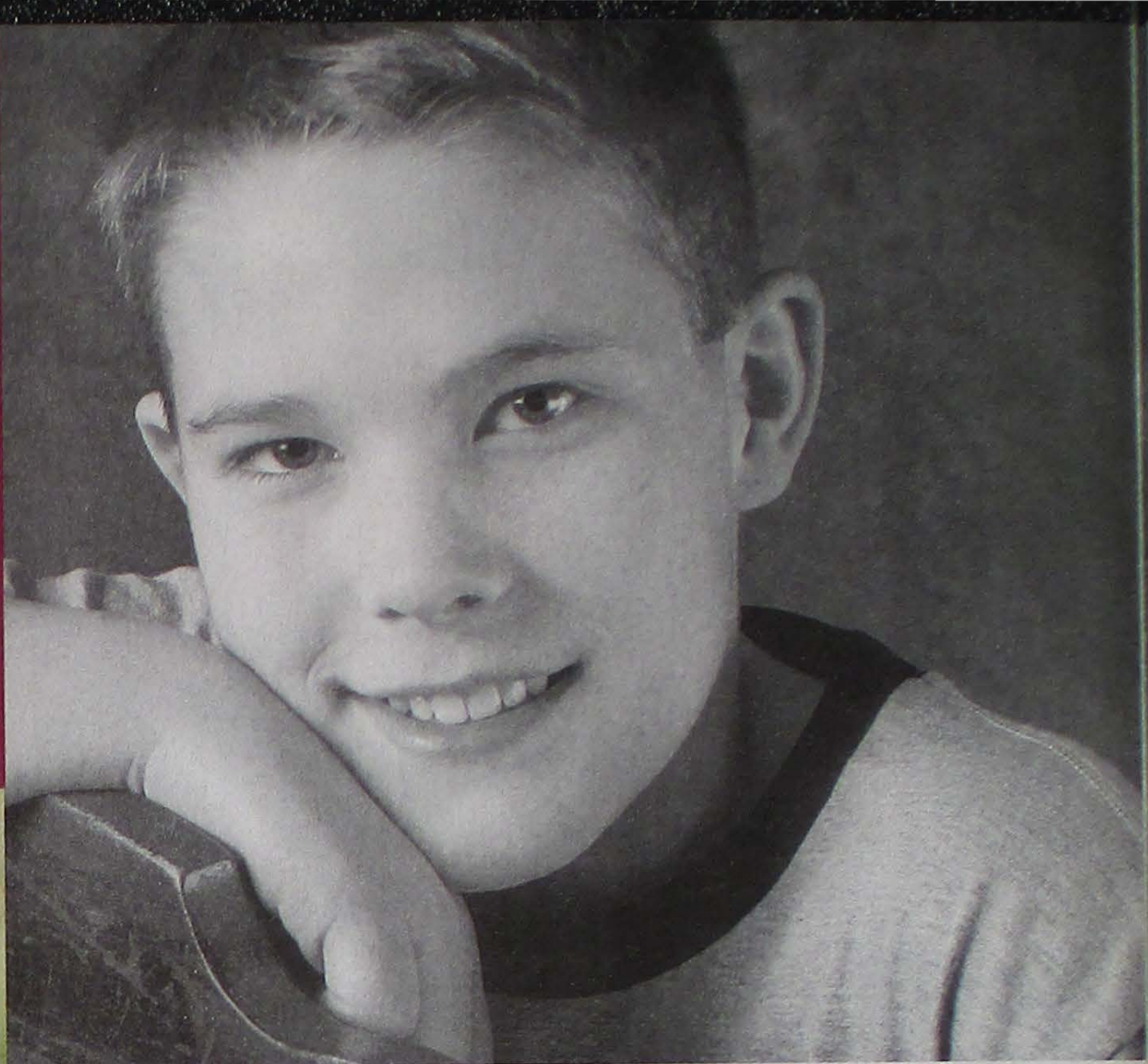
### Heart Gallery



By Rebecca A. Petersen  
Facets Editor

Next month Gallery 319 in downtown Ames will sponsor a traveling exhibit featuring portraits of children over the age of 10 awaiting adoption from the Iowa foster care system.

Professional photographers from around Iowa volunteered their time to take the photos that will be on display from Aug. 11-Aug. 27 at Gallery 319, 314 Main St. The exhibit is called Heart Gallery.



For Gallery 319 owners and foster-adopted parents Mike and Marla Miller, the exhibit is a chance for them to help more children with hard lives find loving homes.

"They are children who grow up way too early in life," said Mike Miller. "They need to learn to be kids. They need to have a safe home where they are allowed to be kids."

The Millers adopted their son, Steve, five years ago when he was 10. Their decision to adopt was two-fold. The couple was older when they got married and felt adopting an older child would fit their lifestyle better. Plus, Marla Miller had worked as a child and adult abuse investigator for the Iowa Department of Human Services and knew about the need.

Completing the training to become foster and adoptive parents really faced the Millers with the neglect that many Iowa children face.

"They tell you the stories that are out there about the kids; they are not peaches and cream kids, but they are great people once you get by that façade they have put up because they have been hurt," Mike Miller said.

The Heart Gallery began in 2001 as a targeted recruitment tool for families, by The New Mexico Children, Youth and Families Department. Other states, including

Washington State, Florida, Oklahoma, New Jersey and Connecticut and now Iowa, followed the trend.

This first-ever Iowa exhibit is spearheaded by KidSake, a foster care and adoption group funded by the Iowa Department of Human Services.

The ultimate goal of the exhibit is to raise awareness and educate the community about the need for foster and adoptive parents — especially for certain groups including teens, minorities and children with special needs.

The Heart Gallery is an ongoing, traveling portrait exhibit designed to inform, inspire and get people involved by capturing the spirit and personality of each child awaiting adoption.

For Mike Miller, the smiling faces coming from the exhibit photos demonstrate the potential happiness that all foster and adoptive children possess when adopted by loving families.

"They put the kids in the best light," Miller said. "They're smiling, happy kids. That's what those kids can become. It takes caring people to help them become that way." ♦

*Editor's Note: The photos on these pages are actual children who will be featured in the exhibit and await adoption.*



**What:** Heart Gallery photo exhibit open house

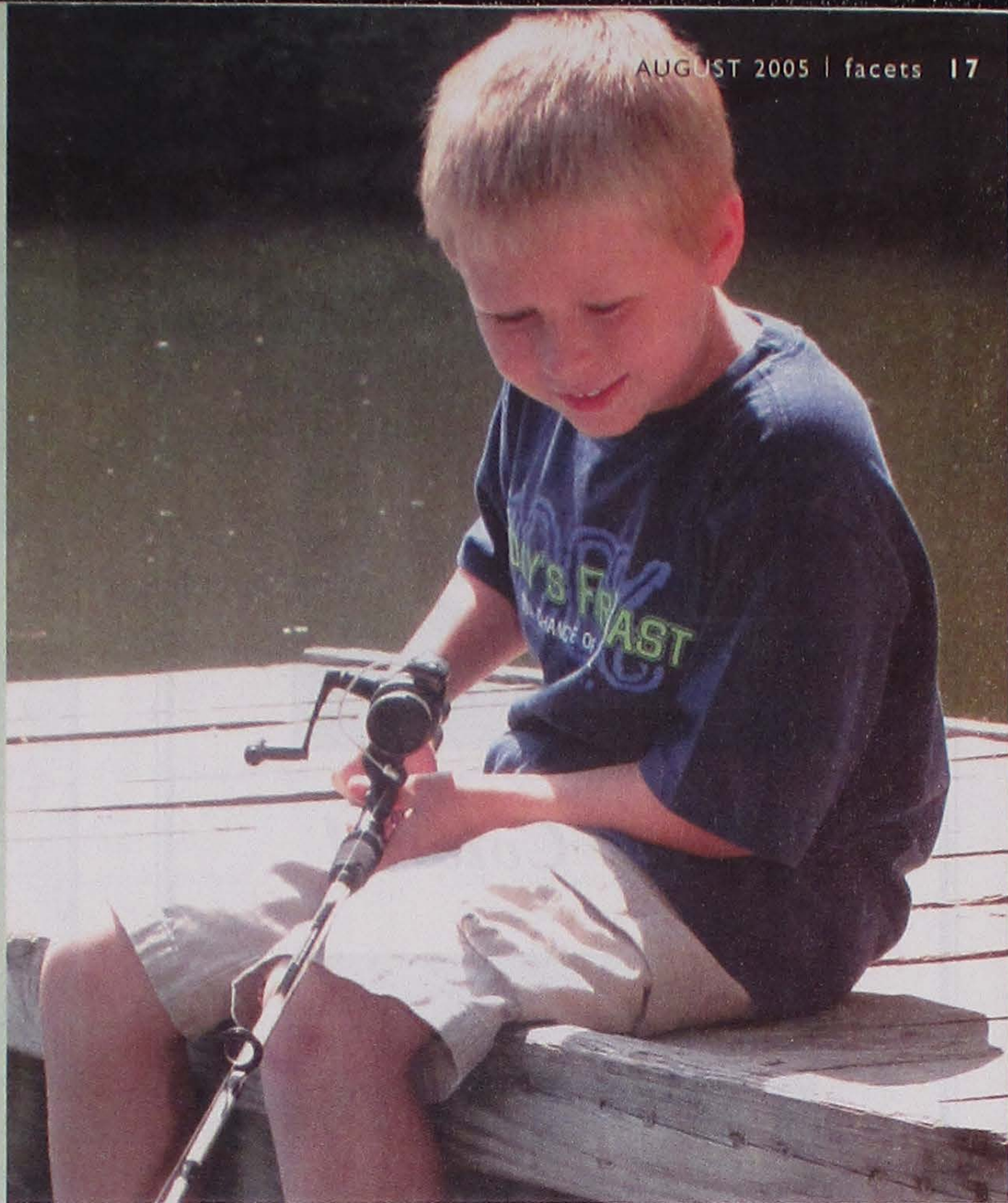
**When:** 5 to 9 p.m., Thursday, Aug. 11. Program at 7 p.m. Refreshments will be served

**Where:** Gallery 319, 314 Main St., Ames

**Cost:** Free

*Sponsored by KidSake, which is operated by the Iowa Foster and Adoptive Parents Association and is funded by the Iowa Department of Human Services.*

*For more information: See photos of children awaiting adoption and more information on the exhibit at [www.iakids.org](http://www.iakids.org)*



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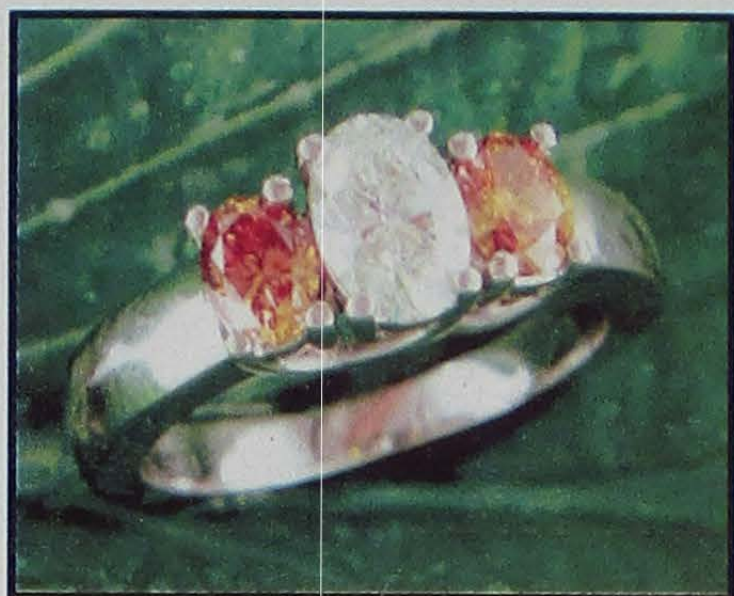
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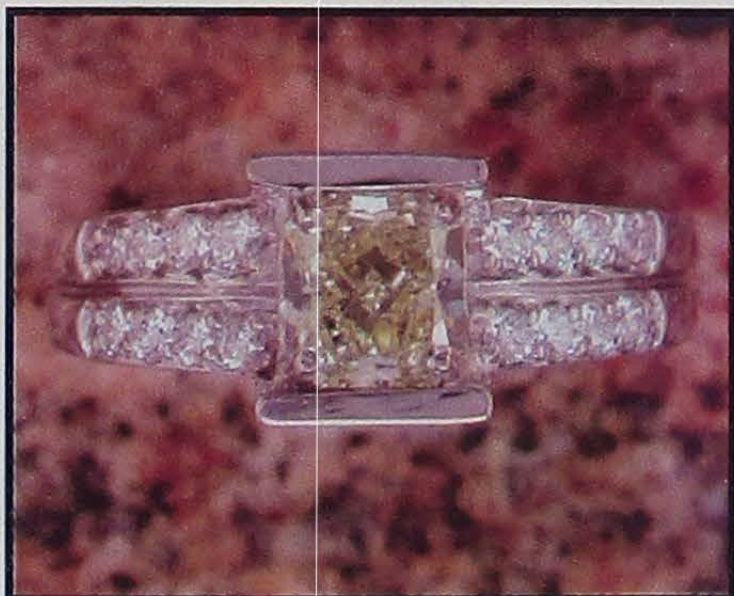
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*Behind every issue of Facets is a great group of women! Where are you?  
If you have a short story or poem that you'd like see published, please contact Facets  
Editor Rebecca A. Petersen at 232-2161, Ext. 348, or rpetersen@amestrib.com.*

### "Caught in Black and White"

*By Martha Escher  
Ames*

I stand mesmerized in front of your image  
A gifted photographer has caught you on black and white film.

There you sit on a front porch snapping beans,  
A few wisps of gray hair waving in a gentle breeze.

Something about you draws me nearer to your portrait  
on the gallery wall.  
There is such wisdom in your eyes.

I wonder, are you really as wise as that look in your eyes?  
What have you seen or read or experienced to make you so wise?

Although your wrinkles are deep, there is a softness to your skin.  
It does not have the leathery look of hard work in the sun.

Somehow, the bowl of beans in your lap seems out of place.  
Your posture holds an air of elegance.

Did you retire to this life?  
Does it suit you?

There are no rings on your wrinkled fingers.  
Perhaps you were too busy to marry and settle down.

How I would like to get to know you,  
To sit on that front porch snapping beans with you.  
We could talk and share dreams lost or dreams come true.

I wonder who you are, for now just a lady  
caught in a black and white photo on a gallery wall.

### Untitled

*By Katie Slotter  
Ames*

She flung her legs casually over the  
side of the wicker swing  
and watched the spider crawl down  
the metal chain  
and onto her arm, the tiny hairs  
raising in response  
to the faint touch of spider legs  
sipping on diet coke and watching  
the laugh lines deepen on her father's skin  
and the light dance in her mother's eyes  
as they drank wine and talked nonsense  
that secretly meant more to them  
than all the world

and they sat on the front porch  
watching the storm ascend  
little pieces of the sun fell through  
clouds who's arguments filled the sky  
with shades of gray

sheets of rain fell in the sky  
marching closer to her swing  
like an army ready for battle  
the cornfields were full of  
angry little fire-flies  
protesting the storm with their torches  
lighting up the ground like  
flashes of lightning lit up the sky

and there she was,  
her mother's arm around her  
the laugh lines in her father's skin  
the light in her mother's eyes  
brighter and warmer and stronger than  
the storm. ♦



# Food Bites

By Rebecca A. Petersen  
Facets Editor

It's 5 p.m., and I'm in line at the grocery store. I have 15 minutes before day care closes. I rush around, get out, pick up the kid, sometimes drive home to the sounds of screaming, drop everybody inside and wonder how I'll muster the energy to cook.

Then I try my best not to use the television as a babysitter, and at the same time, cook a healthy, delicious meal with no snafus. Then I realize that I'm out of chicken stock and cream of tartar. Forget it. Let's eat peanuts and string cheese for dinner, because we're too poor for take-out.

It wasn't until my daughter reached the age of 7 months that I finally understood why people didn't always cook meals for themselves. Two working parents, one child, volunteering and weekly city-league softball games make it hard to find the time to cook dinner nightly.

When you do have time to cook, say on a Sunday afternoon, you'd rather spend the time playing with the kids or catching up on those two-month-old magazines.

Then of course, you've run out of ideas. If you're like me, you had to cancel cable to pay for diapers, so there's no more spending Saturday morning with the Food Network, learning from Rachael Ray how to cook beef burgundy

in 30 minutes or less.

Oh, the drama.

Busy moms and dads have to adapt. I'm one of them. The charcoal grill is a saving grace in the summer. Sam's Club is a savior for picky eaters. (Who knew that chicken nuggets could calm screaming toddlers?) And [www.allrecipes.com](http://www.allrecipes.com) is a savior for when I actually remembered to take chicken breasts out of the freezer in the morning.

So here is an example of a meal that I'd cook, that requires very few ingredients and time. You'll notice that I don't measure, which explains why I don't bake.

Caveat emptor: These recipes work for me. I make no guarantees.

## Pan-seared and Oven Baked Pork Chops

4 generous-sized boneless Iowa chops  
2 gloves fresh garlic  
Couple pinches dried dill  
Two big pinches kosher salt  
Couple of turns of fresh ground pepper  
1/2 teaspoon dried rosemary, crushed  
2 Tablespoons extra virgin olive oil  
1/8 cup butter  
1/2 cup chicken stock

Pre-heat skillet to medium-

high. While skillet warms, season pork chops with garlic, salt, pepper, pepper and rosemary. Add butter and oil to pan. Add pork chops. Brown on each side. Keep the yummy goo at the bottom, you'll use it later.

If you don't have an oven-friendly skillet, transfer chops to baking dish. Bake at 350 degrees for about 40 minutes. Don't be afraid of a little pink. That whole trichinosis thing is so 1970s. But if you're a real stickler, check to make sure the meat's internal temperature reaches 150 degrees.

Let the pork chops rest. In the meantime, if you used a second pan, scrape the drippings and return to skillet. Heat dripping on medium-high until they form a nice crust along the bottom. Slowly add chicken stock and stir constantly. Add chicken stock until crust turns into a savory gravy. Pour gravy over pork chops, serve and enjoy!

## Carbo-licious Potatoes

2 pounds red potatoes, washed and halved  
1/8 cup extra virgin olive oil  
1 heaping tablespoon kosher salt  
Ground pepper to taste

1/2 cup grated parmesan cheese (not the stuff in the cardboard tube)

Arrange potatoes on foil-lined baking sheet. Drizzle with olive oil and spices (get creative!) Bake at 400 for at least 30 minutes. I cook them until they're almost wilted looking. Remove from oven and sprinkle with parmesan cheese.

## Fresh Green Beans Almondine

1 pound fresh green beans, washed  
Sliced almonds  
2 Tablespoons butter  
Dash kosher salt.

Boil beans until tender. In the meantime, heat skillet to medium high. Add butter and almonds at same time. Toast to your delight. Toss beans, almonds and salt and serve.

## Dessert

1 tub of your favorite ice cream  
1 spoon

Open ice cream. Stab spoon into ice cream. Enjoy! ♦





# mary helen's cookery

For more information and prices, see  
[www.maryhelenscookery.com](http://www.maryhelenscookery.com)

By Rebecca A. Petersen  
 Facets Editor

When I was pregnant, I had the foresight to cook some of my favorite cold-weather dishes and freeze them for when I was a new mom. That was back when I had some extra time, and it paid off.

When my daughter Elsa was still eating every two hours and screaming the remaining 16 hours, my husband Eric and I often were able to eat a home-cooked meal straight from the freezer that wasn't chicken wings or jalapeno poppers.

We enjoyed soups, casseroles, chili, spaghetti and other freezer-friendly home-cooked meals without having to think about the grocery store, measuring cups and wading through the bottles and nipples for counter space. And it kept us from becoming best friends with the Pizza Pit delivery crew.

That was before Mary Helen's Cookery, a new family-owned business in west Ames that lets people come into their kitchen and made fresh meals in bulk.

"We take all of the not fun things out of the cooking," said Joseph Coleman.

I admit I was somewhat skeptical before touring the facility. Getting pre-made meals from a business seemed like high-priced frozen dinners.

I also am the same cynic who thought that EasyMac was ridiculous. "How hard is it to make a full box of macaroni and cheese with milk and butter?" I asked those poor people in The Tribune's break room that were minding their own business and stirring the cheese powder. Yeah — that was before I discovered the ease and portability of a meal for a picky eater. My dad always said I'd get wise with age.

When I got to Mary Helen's Cookery, I was immediately in awe of the food preparation stations. How fun would it be to have all of the counter space you need? Plus the ingredients pre-chopped and chilled to their perfect temperature and utensils are right at your hand.

Still, I was skeptical of the ingredients. Each station is prepped for a different dish so I could be making a blueberry apple crisp right next to someone making a soup. With a revolving menu that always contains about 16 dishes, I wondered how they kept things fresh. Since the menu



**The staff of Mary Helen's Cookery:**

**From Left to Right: Keith Davis, Joseph Coleman, Jason Castle, Leah Castle, Lisa Davis, Lelia Coleman and Gay Davis. Not pictured is John Coleman.**

changes so often and the entrees are made by appointment, they're able to order in smaller quantities.

I toured the commercial-sized kitchen. Fresh ingredients sat atop cutting boards. The head chef also let me try his homemade sofrito that he's using for beef broth bases.

Each station has a full recipe for your preparations. And don't be afraid to add extra onions — they won't scold you.

After the tour, I decided that Mary Helen's Cookery could be a good solution for a busy family. And after all, it's a family-owned business — the name is a combination of the two families' grandmothers — and grandmothers are rarely bad cooks. ♦







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# hue & cry

Definition: *Any loud clamor or protest intended to incite others to action.*

## What happened to thrift?

By Heidi Marttila-Losure

When I was in college, I worked on a writing project that involved interviewing my father and my aunts and uncles, 10 of 11 siblings, who were all born between 1909 and 1925. (My father was at the young end of that crew, and my sister and I came along when he was in his 50s.) I had a great time hearing all their tales of growing up in those years, and I was especially intrigued by the connections that had been passed down to my sister and to me, like a love of singing and a passion for reading.

I was also impressed by the traits that seemed to come from long ago and far away. One aunt, for example, said she was taught that once a tube of toothpaste was squeezed dry, it should be cut open on the side, as several more tooth-brushings could be had from the paste in the corners and crevices. She said she still did that. Others talked about hand-me-down clothing; some of that clothing later became the rag rugs and quilts that my grandmother wove and quilted.

That generation placed a value on frugality, which was of course partly of necessity because there wasn't as much to go around. But thrift was also valued in itself, as a moral good. Getting the most for one's money and saving what one could were traits valued by rich and poor alike and thrift was encouraged by society as a whole.

For example, in 1916, the Young Men's — Christian

Association began National Thrift Week. It would begin each year on Jan. 17, the birthday of Benjamin Franklin, who promoted thrift most famously through his *Poor Richard's Almanac*. The director of the U.S. Bureau of the Budget endorsed the week's founding, and by the early 1920s, the week had hundreds of sponsor organizations, including some recognizable today: the Lion's Club, the American Red Cross, the Girl Scouts and the U.S. Postal Service.

Each day of the week had a theme, such as Pay Bills Promptly Day or Budget Day, and messages about those themes were spread in churches, businesses and schools. This is part of a speech that one group of schoolchildren heard from thrift promoter Anna Kelton Wiley:

"The most important thing about thrift is the formation of character. Thrift means self denial of a present pleasure to secure a future blessing. It means simplicity of living, a love of nature and not a love of artificial pleasures which cost money."

How does this compare to the values of today?

Sure, every once in a while, a government official or two pipes up about the dangers of buying too much on credit, or how measly the savings accounts of average Americans are. But these voices are drowned out by messages to buy ever more stuff coming from most other seg-

ments of society, from the advertisements we are bombarded with to the president himself. Who can forget his request that a nation in a time of crisis should go shopping?

The idea of making do with what we have, or fixing the old instead of buying the new, is not what our society values. In fact, we have made buying for the sake of buying a positive thing: when times get tough, we go "therapy shopping."

But perhaps the saddest aspect of our loss of thriftiness is the fact that so many of the skills that go along with thrift are being lost.

It always surprises me how many people don't really cook any of their food anymore, choosing instead to live on frozen pizzas, Lunchables and drive-through fare. While some of this food can be cheaper, a lot of convenience food is not only more expensive but also very costly in terms of one's health.

Home canning, once a skill known by most housewives, is a dwindling art; a survey by the Cooperative Extension Service of the University of Kentucky found that 28 percent of households in the United States have home canned in the past two years, and the typical canner is a woman over 50 years old.

Few people darn their socks anymore, and many shops that specialized in small appliance repair have closed. This is partly because these and many other items are made to be disposable,

### Thrifty trivia

Thrift wasn't just a part of lower-income households at the turn of the 20th century. Eleanor Roosevelt, a child of a well-to-do family, learned the art of darning at the age of 6 from her nursemaid. According to a placard at the Franklin D. Roosevelt Library and Museum, in Hyde Park, N.Y., "If she made a mistake, the nurse would cut out the yarn, thus making the hole larger, and have her start again."

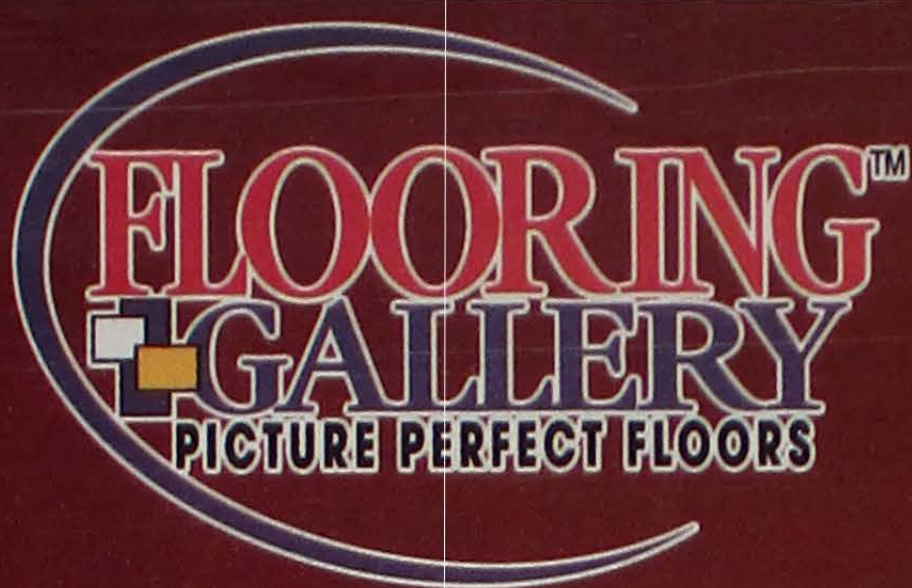
but it's also because we can't be made to bother to fix them. It's more convenient to buy new.

There are a thousand little skills, like recycling wax from old candles into new ones, that are fading out as they no longer seem worthwhile.

The day may come when we wish that more people knew the tricks of thrift. I'm not really a doomsayer, but we do live on a planet with limited resources, after all; it wouldn't hurt to make better use of what we have.

Maybe we need to create our own Thrift Week. If you have a grandparent or other older relative or friend who knows a thrifty skill you might like to learn, ask that person to teach it to you. Your relationship with that person, as well as your wallet, will benefit. ♦





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